

HEALTH FOR ALL

Breathing with a sandbag on your stomach may be uncomfortable. But some emphysema patients learn to breathe deeply this way.

In an experimental project at the Veterans Administration Hospital in Brooklyn, New York, new techniques are being tried to help people with this respiratory disease. Lying on the floor with a 15-pound sandbag across the abdominal area focus attention on the up-and-down movement of the diaphragm.

Group hypnosis to induce sustained deep breathing is part of the experimental program. Hypnosis can be controversial; not all physicians favor such methods. But three physicians at the VA Hospital—Drs. Wilkins, Field and Herring—explained their choice of this technique in a recent research report. "Because breathing is partially an unconscious process," the report said, "hypnosis is used to facilitate relearning. Diaphragmatic breathing is of critical importance to the emphysema patients because it permits a more complete interchange of air in the lungs."

While under hypnosis, patients are told to inhale and imagine they are filling a balloon with air. They are instructed to concentrate on pushing out their navel with each inhalation; when exhaling, to think of touching their navel to their backbone. They are told this way of breathing is life-giving and should become part of their lives.

When conscious, patients are asked to practice deep breathing once an hour every day until the process becomes automatic.

Results so far show that not all emphysema patients, especially those with advanced disease, benefit from the techniques. But some patients have shown an increased ability to breathe more comfortably.

Just last month, on May 14, the world medical community marked the 175th anniversary of the first vaccination against the dread disease smallpox.

Why would this be of interest to the average Texan today? Because one of the true victories for the science of immunology is now apparent.

The eradication of the disease organism that causes smallpox is now almost complete. It is now estimated that only six countries in all the world will continue to report the occurrence of this once dreaded disease by the end of 1971. That cheerful word comes from officials of the Texas State Department of Health.

During the first four months of 1971, less than 14,000 cases

SWEETIE PIE



"We're not playing in the mud! The dirt's just a little wet!"

of smallpox were reported by 13 countries to the World Health Organization. Over half of these cases were reported by Ethiopia with the balance spread out over scattered areas of Africa, Asia, South America, and a few cases in Europe.

Health officials now estimate that approximately 25,000 cases will be recorded in 1971. That marks a substantial decrease from the 131,000 cases recorded in 1967, the first year of the world-wide Smallpox Eradication Program.

Still, you continue to ask, how does this affect me? While smallpox is still considered a problem in some parts of the world, the disease does not at present occur in the United States. The last outbreak in America occurred in 1949 in the lower Rio Grande valley of Texas.

In 1938, the United States recorded nearly 15,000 cases of smallpox. Ten years later, in 1948, less than one percent of that number of cases was reported. Only 50 cases were diagnosed in the United States. For almost two decades now there have been no smallpox cases reported in this country.

So why should you continue to be concerned over a disease that is now almost eradicated? The answer is quite simple. The only way to afford you and your children 100 per cent protection from smallpox is to completely eradicate it from the face of the earth. This can be accomplished only through strict control efforts, and continued mass vaccinations. Universal vaccination is still the most reliable safe-



SUPERVOLUNTEER agency head is Joseph Blatchford, named by President Nixon to head Action which brings into one organization such formerly separate citizen services as the Peace Corps, which Blatchford formerly headed; Vista; Foster Grandparents, and the Retired Senior Volunteer Program.

guard in prevention of this disease.

Texas is one of the few states in the nation that has a significant migrant population. That population now totals some 289,375 individuals by state count.

There was a time migrant farm labor was very much in demand. Now, the decline in demand for those extra services has added an extra burden onto the migrant's already difficult life style.

These workers try to provide as best they can for their families, but quite often the quality of health care they receive or the nutrition of their diet, or even their environmental living conditions, pose great problems that are difficult for them to overcome.

In an effort to help them solve some of those problems, the Texas Migrant Health Project of the Texas State Department of Health was initiated. The Texas Migrant Project is a federally-funded program that was created to protect the health status of the seasonal, migratory farmworkers and their dependents. Some 22 local migrant health projects are now operating in key counties across the state.

The objective of local migrant health projects is to provide direct medical, dental, and public health services to the migrant worker and his dependents. This usually is done on a fee-for-service basis with a private physician or dentist, or through a public health clinic.

One of the approaches that health authorities have taken to provide such care is the "family health clinic." These clinics take the form of a general medical clinic in which an approach to comprehensive health care is attempted.

The combination of well child, maternity, family planning, immunization, dental services, and family health services into a "one door" clinic held at a convenient time and place each week has solved many problems for the continuity of medical care. Much more is accomplished than just the treatment of an immediate illness in a migrant family.

Of course, other health services are also necessary. Environmental sanitation is an imposing problem for the migrant family. Insect and rodent infestation, garbage and refuse storage and disposal, and other environmental problems such as sewage, housing, and food handling all pose special problems to the health and well-being of the migrant.

A new state law gives the Texas Health Department authority to formulate an enforcement plan for the licensing of migrant labor camps. This law will give the state a valuable tool in protecting the health and well-being of the migrant worker in Texas.

THE LONGEST EXHALE
Breathe in. Blow out.
Blowing out a single long breath of air into a mouthpiece—connected to an instrument called a spirometer—is now part of a medical checkup for more and more people. The spirometer can measure how well your lungs are doing their job.

Three measurements are of interest to your doctor. They all test your capacity to exhale. One is vital capacity, the largest amount of air you can ex-

hale slowly after a deep breath. Another is forced vital capacity, the amount of air you can exhale as forcefully as possible. And a third is timed forced expiratory volume, the amount you can exhale in a given timed period.

Together these measurements can help detect the earliest signs of breathing disorders.

Shortness of breath is one of the symptoms of respiratory disease. And the spirometry test is especially useful with persons over 40, particularly smokers, who are most likely to be in the early stages of chronic obstructive pulmonary disease but who have no obvious symptoms yet.

The National Tuberculosis and Respiratory Disease Association, in cooperation with the

National Clearinghouse for Smoking and Health, has begun a project to underscore the value of the test to physicians and to emphasize the importance of detecting respiratory disease early. Medical students have been recruited from selected areas across the country to demonstrate personally the lung-testing equipment to private physicians.

The spirometry test shows how clearly it's a matter of life and death.

For more information about breathing disorders, see your local tuberculosis and respiratory disease association.

Trees which shed their bark during certain intervals of the year are called decorticate trees.

Administrator of Veterans Affairs Donald E. Johnson recently announced plans for a six-fold increase in the number of VA-operated drug addict treatment centers bringing to 32 the number in operation by October 1971.

Veterans Administration reminder: A veteran has 10 days after discharge to notify any local Selective Service Board of his address, and 30 days to register if he did not do so before entering military service. He has 90 days to apply to his former employer, if he wants his old job back.

Filtrum is the name of the groove in the face between the nose and the mouth.

Veterans and servicemen interested in information on VA-guaranteed loans for mobile homes will find the pamphlet "Questions and Answers on Mobile Home Loans to Veterans" useful. They are available free at all local VA offices, or from the VA Central Office (26), Washington, D.C. 20420.

The Veterans Administration may suspend from participation in its loan program those who take unfair advantage of veteran borrowers or decline to sell a new home to, or make a loan to, a creditworthy, eligible veteran because of his race, creed, color or national origin.

Less than one two-billionth of the sun's energy is intercepted by the earth.

WITH THESE SAVINGS YOU'LL HAVE
MORE WEEKEND FUNDS!

VALUABLE COUPON

GOLD MEDAL FLOUR

WITH COUPON 49c WITHOUT COUPON 63c

Good week of 7-29 Thru 8-5, 1971

Good at **FOODWAY**

VALUABLE COUPON

FRENCH **BLACK PEPPER**

4-OZ. BOX 49c

KIMBELL **SPANISH OLIVES**

7-OZ. JAR 49c

FRENCH **MUSTARD**

24-OZ. JAR 39c

DIAMOND **PEACHES**

No. 2 1/2 Can 3 For 87c

HORMEL VIENNA **SAUSAGE**

4-OZ. CAN 4 For \$1.00

S. & H. Green Stamps With Every Purchase! Double Stamps On Wednesdays

With Purchase of \$2.50 or More!

PRICES GOOD THURSDAY, JULY 29 THRU MONDAY, AUG. 2nd.

SHASTA ASST. FLAVORS **DRINKS**

28-OZ. BOTTLE 5 For \$1.00

SUGAR BARREL **SUGAR**

5 lb. Bag 63c

FORMICA WAX **FLOOR SHINE**

32-OZ. BOTTLE \$1.39

GANDY'S **ICE CREAM**

5-QUART BUCKET \$1.79

KIMBELL COFFEE

1-lb. Can 79c

SHELL **No Pest Strip**

\$1.59

NABISCO COOKIE BREAK **COOKIES**

15-OZ. PKG. ASST. 45c

LOW PRICES

BEEF

CRISCO SHORTENING

Limit 1 3 lb. Can 79c

SOFT WEVE **BATHROOM TISSUE**

4 2 Roll Pkgs. \$1.00

WHOLE **FRYERS** lb. 29c

GOOCH BLUE RIBBON **BACON** 1-lb. Pkg. 63c

CHUCK ROAST lb. 59c

GOOCH **FRANKS** 12-oz. Pkg. 55c

SIRLOIN **STEAK** lb. 99c

FAMILY **STEAK** lb. 69c

PRODUCE

FRESH **TOMATOES** lb. 35c

CABBAGE lb. 9c

RUSSET **POTATOES** 8 lb. Bag 59c

FRESH **CORN** 3 Ears 25c

RED **ONIONS** 2 lbs. 25c

GANDY'S **COTTAGE CHEESE**

24-OZ. CTN. 49c

R. C. and Diet-Rite Cola

6 BOTTLE CARTON 3 For \$1.00

KOUNTRY **FRESH BREAD**

1 1/2-lb. Loaf 2 For 59c

Looking for ACTION--?

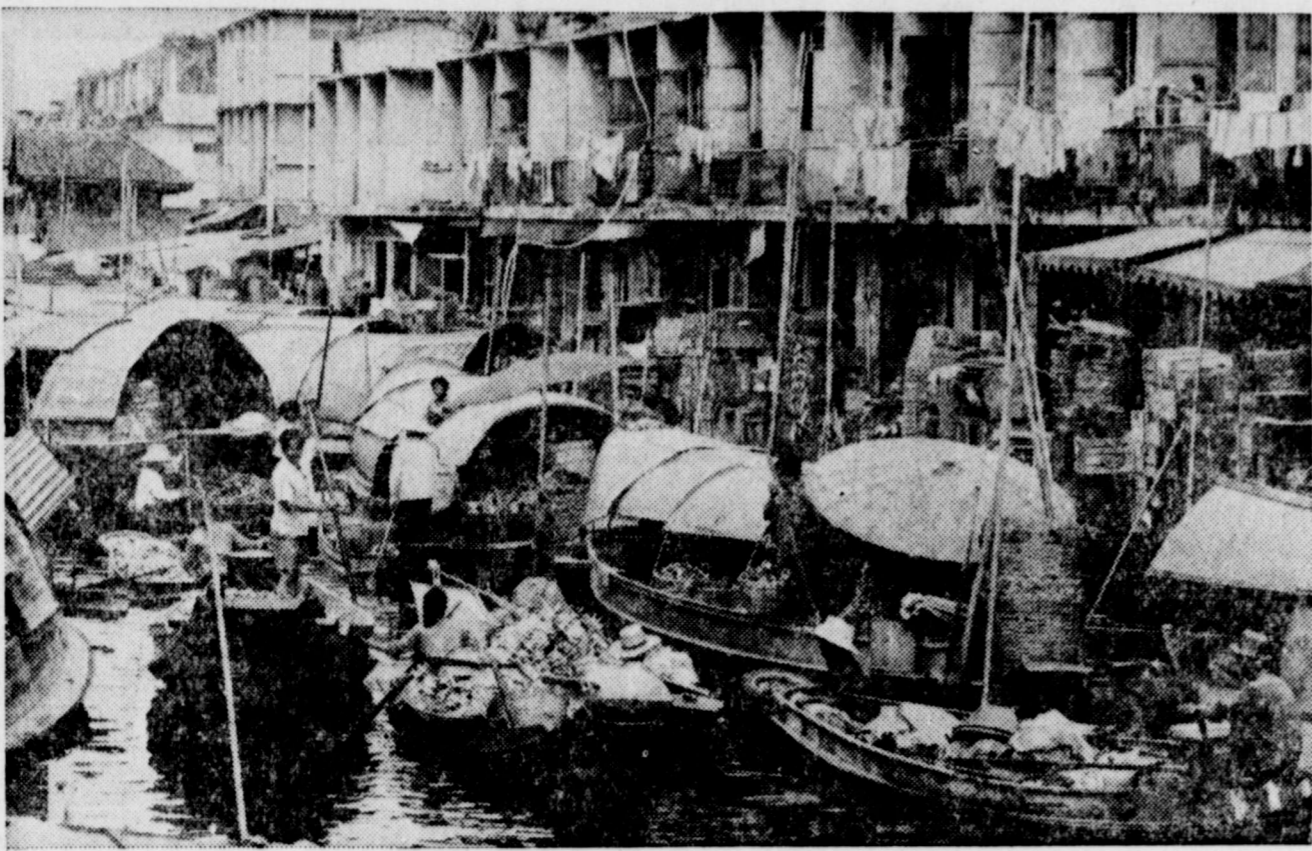
Use the **CLASSIFIED AD** Columns!

Join the Inflation Fighters.. shop **FOODWAY**

-it's just like getting a raise

WINTERS, TEXAS

Hours: 7:30 A. M. to 6:30 P. M.—Saturdays: 7:30 to 7:00.



OLD FLOATING MARKET in Bangkok, Thailand, is crowded with vendors' sampans daily. Jammed apartment buildings and stalls line the shallow klong and it's a wonder anything at all can move here.

BUSINESS and the STOCK MARKET

NATURAL GAS PIPELINES ATTRACTIVE

By Babson's Reports Inc.
Wellesley Hills, Mass. — Despite some recent firming, prices of many of the leading natural gas transmission stocks are still at levels that are attractive for

investors who are in need of a reasonable current income from their investments and who also seek some appreciation of their capital by way of a defensive type of commitment. This group of stocks is associated with the capital industries which are especially sensitive to high costs of borrowed capital. As a result, natural gas pipeline stocks have been on the defensive for most of the 1971 first half. Moreover, interest in this sector of the stock market has been dampened by somewhat disappointing profits, publicity regarding the possible tightening of safety regulations covering the industry, and a continuing net reduction in reserves of natural gas.

THE WINTERS ENTERPRISE
Winters, Texas
Page 5
Friday, July 30, 1971



**ELECTRIC
WATER HEATER**

NO FLUE. FITS ANYWHERE!
★
NO PILOT, NO FLAME!
★
CLEAN, ODORLESS!
★
QUICK RECOVERY!

SPECIAL 1c RATE
Ask for details

FREE WIRING
Normal FREE 220 volt wiring — in a permanently constructed residence served by WTU — for a qualified Electric Water Heater (40 gal. or larger) purchased from a local dealer. Ask for details.

**Winters
Sheet Metal
and Plumbing**

**a good reason to
INSURE with US..**



You Get Continuous Service.

Let us prove to you that we mean what we say. "We serve you first." We're qualified to give you exceptional service for all types of insurance. Let us give you the facts about a complete protection plan.

**BEDFORD
INSURANCE AGENCY**

HEALTH COLUMN POLLUTION IS KILLING

Pollution is killing beauty. And life. All kinds of life. Hundreds of acres of magnificent pines and orange trees have been wiped out by smog and car exhaust on the West Coast. And on the opposite coast, the Philadelphia zoo reports an increase of lung cancer among animals who spend their lives outdoors. The Zoo said the increase in lung cancer was especially pronounced among water fowl. Air pollution is pinpointed as the culprit because pollutant particles fall to the bottom of ponds where birds feed. The birds are breathing and — literally — eating pollution. Lung cancer rates are also up in lions, otters, skunks, and other animals. There is no place to hide. For trees, flowers, animals, or people.

A recent article in Science suggests — on the basis of considerable research — that if air pollution in major urban areas could be cut by 50 percent there would be a 25 to 50 percent reduction in morbidity and mortality due to chronic bronchitis. At least among humans. And a 25 percent reduction in mortality from lung cancer.

The chief cause of air pollution is car exhaust. Now many citizen groups are pressing for more and better mass transit. For better bicycle routes. For gasoline without deadly pollutants. For pollution control devices in cars that really work. Concerned citizens are getting organized to try to salvage what beauty — and life — is left.

Firms Plowing Earnings Back In

By Babson's Reports, Inc.
Wellesley Hills, Mass. — Some investors consider that the growth trend of a company's earnings per share is a primary criterion in making investment decisions. It is natural for them to be on the watch for concerns that plow back most of this income rather than pay a large portion of it out in the form of dividends. It is hoped that this process will generate still further growth in profits per share. Of course, not all companies with a low dividend payout ratio are growth situations. Reinvestment of earnings does increase stockholders' equity (total assets less liabilities and preferred stock, divided by the number of common shares outstanding), but of even greater significance is the rate of return earned on this stockholders' equity. A healthy rate of return indicates a sound use of reinvested funds and quite likely a company that will continue to expand.

Not For All
Growth situations are not necessarily suitable for all investors. Income-oriented accounts will find the low payout ratios of many growth companies unsatisfactory. Also the common shares of such companies entail a greater degree of risk in view of the fact that investors are giving up current income in the hope of getting better-than-average market appreciation in the future. And since most of these issues sell at relatively high multiples (price-earnings ratio), the stock may have already discounted the favorable future trend thus limiting the potential for later appreciation in price.

For aggressive investors, however, carefully selected stocks with an above-average record of growth can be rewarding if the uptrend continues to prevail. As a sweetener in such situations, there is a tax aspect. While dividends (after the \$100 exclusion) are subject to tax at the same rate as ordinary income, long-term capital gains are more favorably treated.

FREE PANTY HOSE

LIMIT ONE PAIR PER FAMILY.
WITH \$10.00 OR MORE PURCHASE!
Excluding Cigarettes.

ALWAYS FRESH
BISCUITS
5c
Limit 6 Cans
With Saving Certificate

SHURFINE
ASPIRIN
Large, 100 Count 18c

SHURFINE
SHORTENING
3 lb. Can 59c
Limit One.
With Saving Certificate

GET SET
HAIR SPRAY
12-oz. Can 44c

TENDER FAT
FRYERS
lb. 29c
24c With Saving Certificate!
(Limit One)

WIN free CASH

\$100⁰⁰

BIG JACKPOT DAY

REGISTER JUST ONCE
GET YOUR CARD
PUNCHED EACH WEEK
And You Can Win
Wonderful CASH
DOLLARS

Nothing to buy
You do not
have to be
present to win

GET YOUR JACKPOT DAY
CARD PUNCHED FREE
THIS WEEK

First Drawing
August 7,
1971

U. S. of AFFILIATED

A COUNTRY WITHIN A COUNTRY!
Cash In On Saving Certificates!

| Del Monte DOLLAR VALUES \$ | |
|----------------------------|----------------|
| PEAR HALVES | 3 303 Cans |
| PINEAPPLE | 3 No. 2 Cans |
| WHOLE GREEN BEANS | 4 303 Cans |
| STEWED TOMATOES | 4 303 Cans |
| PEACHES | 3 No. 2½ Cans |
| CATSUP | 4 14-oz. Btls. |

16-OZ. SHURFINE
FRUIT DRINK 4 Cans \$1.00

| | | | |
|---|--|---|---|
| 303 DEL MONTE GREEN BEANS Can 22c | 303 DEL MONTE SWEET PEAS Can 22c | DEL MONTE TUNA No. ½ Can 39c | 303 DEL MONTE CORN 5 Cans \$1.00 |
| FREE PANTY HOSE LIMIT ONE PAIR PER FAMILY. WITH \$10.00 OR MORE PURCHASE! Excluding Cigarettes. | ALWAYS FRESH BISCUITS 5c Limit 6 Cans With Saving Certificate | SHURFINE SHORTENING 3 lb. Can 59c Limit One. With Saving Certificate | TENDER FAT FRYERS lb. 29c 24c With Saving Certificate! (Limit One) |
| | SHURFINE ASPIRIN Large, 100 Count 18c | GET SET HAIR SPRAY 12-oz. Can 44c | |

PIGGLY WIGGLY

Classified Advertising Gets Sure and Prompt Results!

SMART SHOPPERS

check the columns of
The Winters Enterprise FIRST!

That's why it's just good business practice to use the advertising columns of **The Winters Enterprise** . . . the Smart Shoppers will get the message!

★

THE WINTERS ENTERPRISE

THE FAMILY LAWYER

THEFT FROM YOUR CAR

Ethel, visiting at a friend's house, was positive she had left her car locked. Yet, when she returned to the car, she found a front door ajar. Sure enough, a gold bracelet placed in the glove compartment had vanished.

The next day she put in a claim under her homeowner's insurance policy. But the company refused to pay off, on the ground that the car showed no "visible marks" of burglary, as required by her policy.

Undeterred, Ethel filed suit. "It is true there were no marks on the car door," she said in court. "Probably the thief got in with a master key or a coat hanger. But the fact remains that my bracelet was stolen. The company is trying to hide behind a technicality."

Nevertheless, the court turned down her claim. The judge said an insurance company has the right to put reasonable limitations into its policy, adding:

"A person gets what he pays for, whether it be insurance protection or anything else."

The requirement of "visible marks" is common in burglary insurance. One purpose is to lessen the chance of an "inside job," in which a policyholder reports a theft that never really happened.

On the other hand, a policy may provide coverage even for an unlocked car, provided it is not left "unattended." In one case, a TV set was stolen from an unlocked car, which the owner had left at the curb for only about five minutes.

Trying later to collect insurance, he argued that this was too brief a time to make the car "unattended." But again, a court denied the claim. The court said even five minutes of opportunity is enough to tempt a thief.

Similar problems of interpretation may arise in the burglary of a building. One case involved the picking of a lock on a grocery store. To meet the requirement of "visible marks," the grocer pointed out that scratches on the lock, made by burglar's tools, could be seen microscopically.

Were such marks "visible"? A court decided they were in-

deed, and made the insurance company pay for the loss. The judge said "visible" meant able to be seen rather than actually seen. The microscope, he said, merely made clearer what was already there.

Forbidden Flowers

To the nature-loving judge, the prisoner's offense—picking flowers in a public park—was something horrendous. Counting each picked flower as a separate crime, the judge imposed a fine of \$720 or six years in jail.

But when the prisoner appealed to a higher court, the sentence was thrown out. The court said it was so harsh that it violated the United States Constitution's ban on "cruel and unusual punishment."

As a rule, when we use the expression "cruel and unusual punishment," we think of physical chastisement like flogging or maiming.

However, a too-severe jail term may also be held unconstitutional on the same grounds. In recent years, courts have shown a growing concern for humanitarian considerations in the field of sentencing. As one judge put it:

"What constitutes cruel and unusual punishment is to be judged in the light of developing civilization, so that what might not have been cruel and unusual yesterday may well be so today."

Nevertheless, even the longest possible sentence—life imprisonment without possibility of parole—will be upheld where reasonably related to the crime that has been committed.

Thus, in the case of a brutal kidnapping, such a sentence was held not to violate the defendant's constitutional rights. Calling attention to the nature of the offense, the court said the sentence was "not so severe as to shock the moral sense of the community."

What about an open-end sentence, like "one to twelve years"? When that punishment was imposed on a convicted burglar, he complained that the very uncertainty was a kind of cruelty.

But the sentence was upheld on appeal, where the court pointed out that the flexibility might well work out to the prisoner's advantage by speeding his release. The court said it was merely a device, within reasonable limits, to put his fate in his own hands.

Missing Letter

There is something reassuring about the click of the mail-



MANEATERS FROM MARS? Not quite. Merely a Claymont, Del., band member assembling his tuba.

box latch, as your important letter slides down and out of sight. Whether you are making an insurance payment or meeting a tax deadline or completing a business deal, you feel relief: "Well, that's taken care of."

But what if the other party, perhaps weeks or months afterward, insists that your letter never arrived? If it came to a showdown in court, how would you stand?

Fortunately, the law offers you a helping hand in the form of a "presumption." That is, the law will presume that the letter did arrive, provided you had the correct amount of postage and the correct address. As one court explained:

"It is a presumption founded on the probability that (postal employees) will do their duty." Furthermore, you may get the benefit of the presumption even if the letter was not placed directly into a mailbox. One court applied the presumption to a letter handed to a mailman (while on duty). Another court applied it to a letter dropped into the mail chute of an office building.

However, there are limits. The presumption was denied when a man simply left some mail in an open lobby, in the expectation that the mailman would eventually pick it up.

Furthermore, like most presumptions, this one is subject to being defeated if there is sufficient evidence against it. In one case, an embattled



BRASSBOUND by a barricade of billets weighing from 450 to 1,000 pounds, a supervisor checks stock at a Waterbury, Conn., plant. The billets will be hot-extruded into brass tube, wire or rod.

debtor claimed to have mailed an important legal notice to the office of his creditors. But in a court hearing, both partners in the firm took the witness stand and solemnly swore that the notice had never been received.

Then their bookkeeper took the stand and swore the same thing.

This testimony was enough to convince the court that the letter had indeed failed to reach its destination. It was more likely, said the court, either that the debtor had neglected to put it in the mail or that the post office had—for once—neglected to do its duty.

A public service feature of the American Bar Association and the State Bar of Texas. Written by Will Bernard.

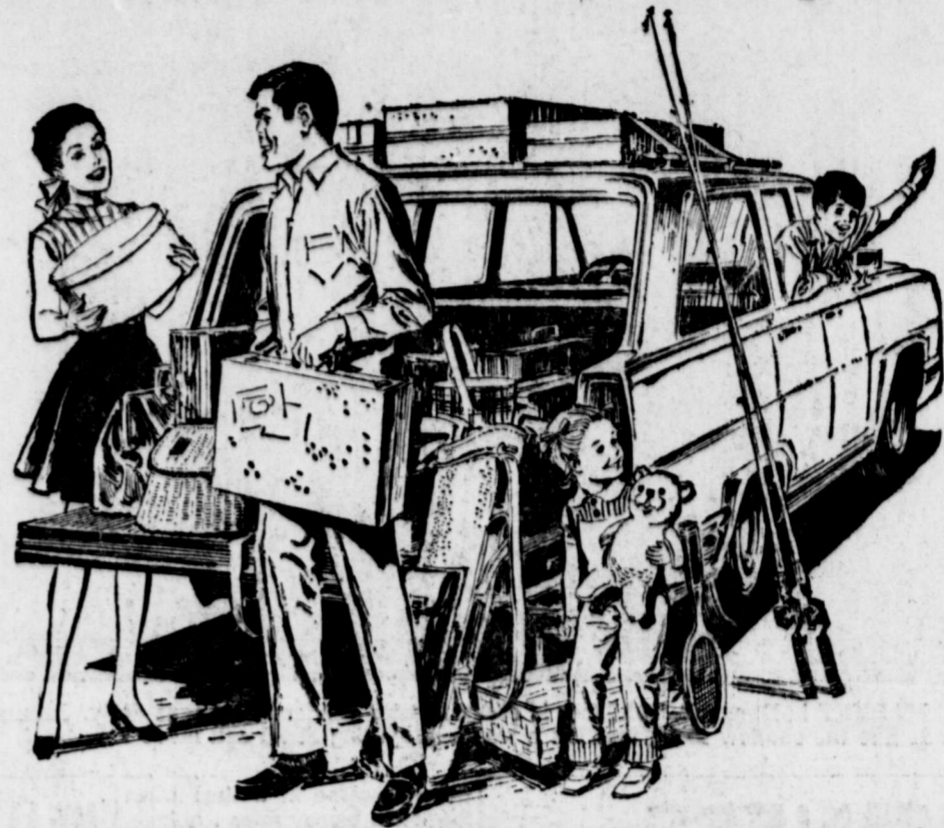
... about your SOCIAL SECURITY

Each calendar quarter, the Social Security Administration receives many employer reports of earnings showing incorrect social security numbers of employees, according to J. M. Talbot, social security manager. These incorrect reports, in many cases, happen when a girl has married but does not have her name changed on social security records.

Mr. Talbot stated that when a girl marries, she should complete a "Request for Change in Social Security Record" form. After completing the form and returning it to the social security office with her old card, she will be issued a new social security card with the same number but showing the new name.

If the name and number reported by an employer do not match the name and number on file with the Social Security Administration, the earnings might not get to the proper account. This could result in a later loss of social security benefits or in a smaller benefit being paid.

It's vacation-time, and you're



OFF TO A GOOD START!

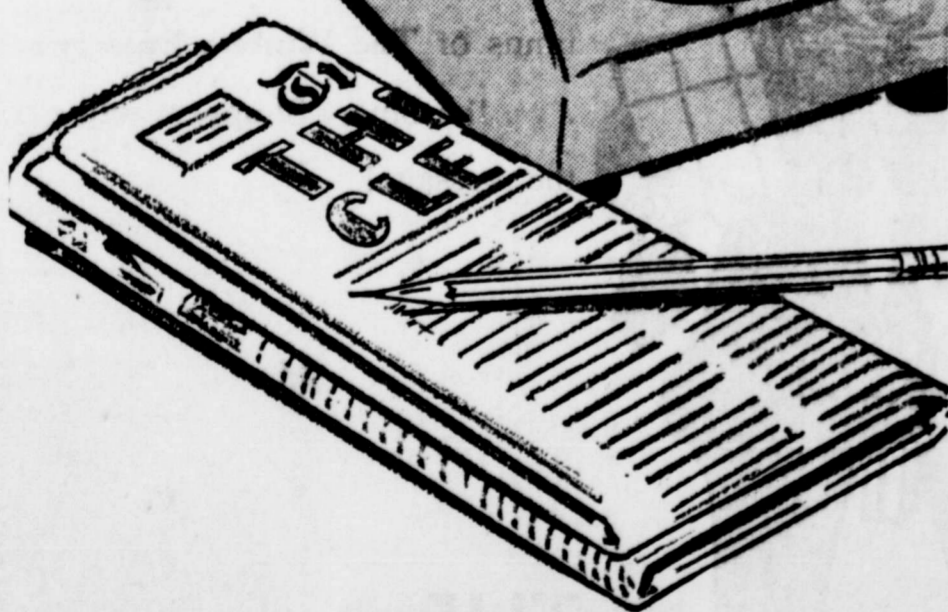
Here's to a happy, carefree vacation you've been saving for all year long. Have a wonderful time! You can start planning next year's vacation NOW by opening a Savings Account at your nearest First Savings Office. Your regular savings and our generous dividends can see that you get off to a good start, too! Let one of our vacation planning experts show you how a Savings Account can brighten your whole future!

DEPOSITS MADE BY THE TENTH EARN FROM THE FIRST

FIRST SAVINGS & LOAN ASSOCIATION

SAN ANGELO • DOWNTOWN AND THE VILLAGE
WINTERS • 102 SOUTH MAIN BALLINGER • 803 HUTCHINGS

WANT ACTION?



Then place your ad in the Classified Columns of
The Winters Enterprise
THE ACTION WILL COME TO YOU!

When you SHOP AT HOME . . .

CIVIC IMPROVEMENTS are just some of the many extra benefits that you enjoy, along with the pleasure of shopping in attractive, familiar surroundings!



Schools, law enforcement, good streets . . . all these community needs are supported by your taxes . . . and the taxes of the merchants whose stores you patronize! That's why Winters merchants say:

SHOP AT HOME . . .
SHOP IN WINTERS!

Greater USDA Help Offered In Drouth Area

Cotton farmers who have been hit by drouth or other natural disasters this year are being offered greater income protection by the manner in which their cotton yields will be computed for program payment purposes in 1972, Secretary of Agriculture Clifford M. Hardin announced.

The Secretary also announced several additional changes in program provisions which will offer greater relief to drouth-affected farmers. The changes are based on findings from a recent inspection tour of drouth-stricken areas by Under Secretary J. Phil Campbell, during which he met with farmers, ranchers, local agricultural leaders and those administering farm programs to learn directly how various programs were functioning and how they could be improved. A follow-up team from the USDA has also just completed an inspection tour.

The Secretary's action on cotton is expected to strengthen income in 1972 and subsequent years for cotton farmers in the drouth areas of the Southwest. Additional assistance covered in the announcement at the end of the week includes:

- An extension through Dec. 31, 1971 of the emergency livestock feed program and hay-grazing of land diverted under the cropland adjustment and set-aside programs. They were originally scheduled to end August 31.
- Revision of procedures to

allow farmers to use their own conveyance as an additional source of transportation.

—Cost-sharing for emergency tillage practices that have been previously used only on cropland to prevent wind erosion is now available on pasture and rangeland. This will also improve water penetration and help prevent runoff.

Cost-sharing assistance, under the Rural Environmental Assistance Program, is provided for use in building livestock water ponds.

Every effort is being made to insure a uniform administration of all emergency programs, it was stated.

Tax Man Sam Sez: TAX RELIEF ON DROUTH SALES

Unfortunately the drouth has forced many livestock owners to sell a part or all of their herd. The Internal Revenue Service provides a modified form of tax relief on the sale of livestock due to a drouth. You are not required to pay taxes on any profit that you make on the sale of your herd (provided your sales for the year are in excess of normal sales) if you reinvest within two years with the same type of herd. An extension of this period beyond two years may be granted by the Commissioner of Internal Revenue Service in exceptional cases. Publication 225, the Farmers Tax Guide, spells out all the requirements on drouth sales of livestock on pages 36 through 40. Local county agents and Internal Revenue Service offices have free copies of the Farmers Tax Guide available for you. IRS advises farmers considering a drouth sale to obtain a Farmers Tax Guide and carefully check the rules in advance.



STRANGE BEDFELLOWS, it would seem, but that's the way it is at the Clinton Hatt Jr. home in Cape Elizabeth, Maine, where Irish Setter "Kelly" takes care of two baby wild rabbits dug out of their nest.



ADVERTISEMENT for a strawberry farm and a happy family is what this scene on the front lawn of Mr. and Mrs. Robert Oberneufemann of Millstadt, Ill., amounts to. The box of berries, of molded glass fiber, is fake. The children—Mary, Jeanine, John and Paul Oberneufemann plus pal Sherry Mueller—are real.

each day—from growers of wheat to eaters of bread.

Since the dawn of time, grain has dominated the existence of man. The origin of wheat is presumed to be the fertile basin of the Tigris and Euphrates rivers in what is now Iraq. The first men to eat wheat—traveling hunters in search of meat—probably just chewed the kernels. When they found they could cultivate the wild grain, they were able to settle in one place and make other important discoveries, such as how to grind wheat into flour and bake flour into bread. And bakers have been baking ever since!

The earliest known bread was made by the Swiss Lake Dwellers, a Stone Age people, who mixed flour and water into a dough which they baked on hot stones. It was flat, hard on the outside and soft on the inside. But the same means of baking bread prevailed through the civilizations of the Babylonians, Chaldeans, Assyrians and the Egyptians.

In about 3000 B.C. in some unknown manner, the raised loaf was discovered. So leavened bread was born and wheat became even more important as a mainstay of man's diet. It was given high status in various civilizations and was linked with religion and superstition.

The Greeks had a bread goddess named Demeter and they provided bread offerings to other gods with prayers for good harvests. The Roman equivalent of Demeter was Ceres, who gave her name to all cereal grains.

In ancient Egypt, bread was considered the symbol of truth. Persons took a sacred oath with their right hands touching the top of the loaf. Bread was also buried with a deceased person so that he could eat during the trip to the "other world."

In ancient Syria, the people raised bread-wheat in plates or jars in their homes. At the start of the new year, the young shoots were taken to a river or lake and cast into the water. The custom, translated, is "casting bread on the water" to return as answers to prayers.

For thousands of years, the baking industry has influenced man ever since the Greeks developed the first true enclosed oven, and the first mill in which grain could be ground to flour in large quantities.

In Scotland, a relative of the bride is expected to break bread over the head of the new wife before she sets foot over the threshold of the new home. And in Sweden, the bride and groom eat a whole wedding bread to symbolize a happy marriage.

Hot Tuna Souffle Sandwiches

8 slices bread
1 cup flaked tuna
1-4 c. finely chopped celery
1-4 c. finely chopped green pepper
1-2 tsp. dry mustard
2 T. sliced, stuffed or ripe olives
3-4 c. grated sharp cheese
1 1-2 c. milk
3 eggs, beaten
1-8 tsp. paprika

Trim crusts from bread; arrange four slices of bread in the bottom of a greased 8 inch square baking dish. Combine tuna, celery, green pepper and mustard. Spread mixture on bread. Place sliced olives over tuna mixture. Sprinkle cheese over all, and top with remaining bread slices. Combine beaten eggs and milk; pour over sandwiches. Sprinkle with paprika. Bake in a moderate oven (325 degree) for 45 minutes. Serve hot. Makes four sandwiches.

During the baking, the egg trickles through the bread and the sandwiches emerge puffy and crusty and ready to eat! Treat your family to the wonderful world of sandwiches, by

combining imagination with the plentiful supply of wheat products and other plentiful foods during the August Sandwich Month!

IN WOODFIN HOME
Visiting recently in the J. R. Woodfin home were Mr. and Mrs. A. D. Blue of Lytle. Mr. Blue taught school at Baldwin many years ago.

Coffee trees bear fruit for about 20 years.

SPECIALS

- EASY TO INSTALL!
- 4x8 HARDWOOD PANELING Prefinished Sheet \$2.49
 - 202 WHITE CEILING TILE Square Foot 10c
COVERS, BEAUTIFIES, SOFTENS SOUND, INSULATES
 - PLASTIC BASKETS-BUCKETS-PAIS 3 For \$1.00
MIX 'EM UP OR ALL ALIKE
 - 3 Bushel Size Clean-Up Bags 50 For \$3.20
 - TROUBLE LIGHTS 25 foot cord Each \$1.75
 - NAME BRAND LIGHT BULBS 6 For \$1.00
60-75-100 WATTS
 - 7 1/4" Skill Circular Saw Low Price of, Each \$23.77
READY TO GO TO WORK!
 - STORM DOORS 32"x80" and 36"x80" Each \$19.95
STRONG DEEP FRAME - PRE-HUNG - COMPLETELY WEATHER STRIPPED

FOXWORTH-GALBRAITH Lumber Company

NOTICE

The Board of Trustees of Winters Independent Schools will meet Tuesday, August 10, 1971, at 7 p. m., in the Home Economics Building, to consider a proposed budget for the school year of 1971-72. Public notice is hereby given as required by law, and any person desiring to discuss the proposed budget is invited to attend.

20-2tc

THANKS..

To our many friends and customers for making it possible for us to win the European Tour as the grand prize in the sales contest just ended. In a 60-day period just ended, we sold more new units than in any like period in our business history, realizing 272% of our objective for the period.

The confidence shown by our customers made this possible, and we are thankful to all.

—Mr. and Mrs. Dale Whitecotton

DALE'S FORD SALES

242 S. Main Ph. 754-4515

Mrs. Juanita O'Connor's Weekly Home Demonstration Agent's Column

Fresh Plums: Want to do something summery and delicious for your family? Heap a big wooden bowl or fancy basket with fruit for them to eat as often as they want.

For color and contrast—plus good eating—add oodles of fresh plums. The crisp tart skins, so uniquely plu, come in shades of green, purple, blue, yellow and red. They will make up a lovely still-life, if you can keep them still long enough!

Another fun thing with plums is guessing what color they are on the inside, 'cause you can't tell a plum's insides by its outside. A yellow plum may be red-fleshed; a blue plum may be green-fleshed; a red may be yellow. Best way to tell: a juicy bite! Another way to tell is with a little chart like the one contained in the fresh plum booklet available from the California Fresh Plum Advisory Board.

They know their plums, for California grows over 90 percent of the total U. S. crop. There are about 20 varieties, each with its distinctive color, shape, flavor and use. The European plum is blue or purple, smallish, mildly sweet—best eaten and served fresh in salads and desserts. The Japanese varieties are most numerous with bright red, crimson or yellow skins. They are very juicy and wonderful fresh, cooked, canned or frozen.

You just can't get away from the fact that plums are tasty, fun to use, and good for you! They are plentiful this month—so fill up bowls and baskets for summer treats.

Plums add so much to salads and their own juicy freshness can be enjoyed by using them fresh in desserts or fruit compotes.

Try Plum Tarragon Salad with such mild, sweet plums as Queen Ann, Becky Smith, Wickson, Kelsy or El Dorado.

- 2 lbs. plums
- Salad greens
- 1-2 cup mayonnaise
- 1 T. tarragon vinegar
- 1 tsp. sugar
- 1-2 cup whipping cream, whipped stiff

Fresh tarragon: Cut plums into slices or wedges and arrange on greens on individual salad plates. Fold the mayonnaise, vinegar, sugar and whipped cream together. Spoon generously over plums. Sprinkle with finely crushed tarragon. Dressing makes enough for six servings.

This salad can also be made in a bowl by gently mixing the cut plums with the dressing and turning out onto a lettuce-lined dish. Top with crushed tarragon.

Chilly Plum Compote is good with any variety of plums. Hot syrup is poured over uncooked fruit and chilled until icy crisp.

- 2 cups sugar
- 1 cup water
- 1-4 tsp. almond extract
- 1 quart sliced fresh plums
- Whipped cream if desired

Mix sugar with water in a sauce pan and cook, stirring, until sugar dissolves. Bring to a boil 5 minutes. Remove from heat, add almond extract and pour over prepared fruit. Chill until icy. Serve in fancy dessert dishes. Dot with whipped cream if desired. Makes six servings.

Modern Sandwich: Your life today is influenced by the results of an 18th Century card game! It is, if you eat hamburgers, hot dogs, bologna, cheese, egg salad, roast beef, cold turkey, tuna fish, bacon and tomato or peanut butter and jelly sandwiches!

It is, because during this 18th Century card game, John Montagu, the Fourth Earl of Sandwich, England, became so involved he could not take time out for dinner. He ordered his meat brought to him between two slices of bread, so he could eat without interrupting his game. The great "sandwich" idea was born!

Americans so liked the idea that they now eat more than 226 million of them a day and the whole month of August is set aside to honor them!

From a little seed planted during a card game has sprung a movement so large that it affects millions of Americans

modernize with a full power water system

STA-RITE

SELF PRIMING JET PUMP WATER SYSTEM

Here's a water system that's designed for today's water needs... It's efficient... compact... self priming, and convertible from a shallow to a deep well pump... a money saving feature if ever your water level should drop. Assure your water needs today, modernize with a new STA-RITE Jet Pump Water System... It's the finest. Sold and Serviced by:

HIGGINBOTHAM HARDWARE

\$119.95

Annual Membership Meeting JULY 30, 1971

Coleman County Electric Cooperative, Inc.

COLEMAN RODEO GROUNDS
Coleman, Texas

- 7:00-8:00 P. M.: Registration
 - 8:00-8:30 P. M.: Music
 - 8:30-9:00 P. M.: BUSINESS MEETING
Invocation
President's Report
Secretary's Report
Manager's Report
ELECTION OF DIRECTORS
OTHER BUSINESS
 - 9:00-10:00 P. M.: Entertainment
Ken Loyd, Austin, Speaker
"Government-In-Action,"
Youth Tour Winners
Singing Blues (Coleman High School)
 - 10:00-10:15 P. M.: Drawing For Prizes
- All Members Are Urged to Be Present—Visitors Welcome!

Burleson Says Healthcare Bill Will Provide More Benefits, Cost Less

Ft. Worth, Tex. —Congressman Omar Burleson today said his proposed National Health-care of 1971 will provide more innovative solutions to solving the nation's health crisis and do so without imposing heavy tax burdens on middle income persons.

Burleson, a member of the House Ways and Means Committee which will take up the question of national health insurance, told the Texas Life Underwriters Association that solving the national health crisis "is not a simple problem that can be treated with a single prescription."

But he said his bill will provide a comprehensive approach to solving the health dilemma at a first year cost of \$3.2 billion in additional federal taxes, compared to \$7 billion for the proposed Kennedy-Griffiths bill.

The Texas Congressman said his bill won't destroy the system of health insurance which now covers 164 million Americans under age 65, but will improve it—so that all Americans can have equal access to quality health care, regardless of income.

He cited these innovations in his bill:

1. A program to encourage training and distribution of medical personnel in areas of critical manpower shortage—rural communities, small towns and urban ghettos.

2. A program to develop ambulatory treatment centers, which will encourage early disease detection, boost preventive medicine and reduce hospital occupancy.

3. Development of comprehensive planning for health programs which would extend from the local and state to the federal levels.

4. Establishment of cost controls aimed at holding down medical and hospital charges.

5. Use of state pool plans to guarantee health insurance coverage for the poor, near-poor and otherwise un-insurable, plus use of tax incentives to stimulate comprehensive coverage for employed individuals.

6. Development of federal standards for health benefits and creation of a national health policy board to conduct ongoing research in this field.

THE WINTERS ENTERPRISE
Winters, Texas
Page 8
Friday, July 30, 1971

Burleson noted that his bill includes coverage for catastrophic illness, but said that America's health needs encompass far more than just covering this kind of emergency, or paying for the high cost of hospitalization.

Similarly, he said, a national health care plan which simply dumps federal dollars into the health delivery system without improving it will aggravate problems, not solve them, he said that this was one of the unforeseen consequences of the program.

Two Couples To Area FB Leader Meeting In Snyder

Runnels County Farm Bureau is sponsoring two couples to the Area Leadership Conference for Young Farmers and Ranchers, August 5-6 in Snyder, according to Doyle Condra, president of the local farm organization.

Conducted by the Texas Farm Bureau, the two-day meeting is one of three such conferences being held over Texas this summer. Purpose of the sessions is to provide an opportunity for young farmers and ranchers to understand the objectives, programs and operations of the Farm Bureau and the roles they can perform in the organization, Condra said.

Discussion topics include history and purpose of Farm Bureau, legislation, commodity activities and marketing programs, and the role of young farmers and ranchers in the county FB.

Texas Farm Bureau President J. T. Woodson of Gober will give the welcome at the opening of the conference. Millard Shivers, Dallas, rural development director of an insurance company, will be dinner speaker in the evening. O. R. Long of Waco, TFB executive director, will speak to the group at the closing session August 6.

ATTENDED FUNERAL
Mr. and Mrs. G. W. Scott, Jr., of Winters, Sam Scott of Ranger, and Mr. and Mrs. Winford Hogan and boys of Clyde, attended the funeral of Leon Bridwell in Portales, N. M., Tuesday.

Read the Classified Ads

Nancy Darlene Sneed, Jon M. Riches Will Be Married In Lubbock August 21

Mr. and Mrs. J. T. Sneed have announced the engagement of their daughter, Nancy Darlene, to Chaplain (Maj.) Jon M. Riches, son of Mrs. May Riches of Akron, Ohio, and the late Lt. Edward Riches.

The bride-elect is a graduate of Winters High School and Texas Tech University. She is employed by Ysleta Independent School District of El Paso.

The prospective bridegroom is a graduate of Ohio State University and Pittsburg Theological Seminary. He is present assigned to Ft. Bliss, Texas.

Vows will be exchanged August 21 in Ford Memorial Chapel in the First Baptist Church in Lubbock

Pvt. Richard Puckett Outstanding Trainee

Army Private Richard L. Puckett, son of Mr. and Mrs. Barney C. Puckett, Route 1, Winters, recently was chosen his basic combat training company's outstanding trainee at Ft. Knox, Ky.

Pvt. Puckett was selected by his instructors for demonstrating exceptional ability and initiative in classroom and field instruction throughout his eight weeks of training.

The 23-year-old soldier received his bachelor of business administration degree from McMurry College in Abilene in 1971. He is a member of Alpha Sigma Chi and Alpha Chi fraternities.

His wife, Robbie, lives in Abilene.

Shower Honors Mrs. Cowlshaw

Mrs. Jim Cowlshaw was honored with a pink and blue shower Thursday, July 22, in the Fellowship Hall of the First Baptist Church.

The hall was decorated with streamers of pink and blue crepe paper, and the table centerpiece featured a cradle, giving an effect of entering babyland.

Approximately 25 guests called during the evening.

Punch and cookies were served by the hostesses, Mesdames Wayne Solomon, Johnny Weems, Pat Wood, Billy Clifton, Robert Parramore, Jeryl Priddy, Milton Gerhart, Gayland Robinson, W. C. Alcorn, Jimmy Holden, Charles Grenweige, Elmer Phillips and Jerry McCabe.

The Siege of Tyre by Nebuchadnezzar was carried on for 13 years.

Conditions Cause Uncertainty For Draft-Age Men

Mrs. Mary E. Sewell, Executive Secretary of Texas Local No. 21, serving Coleman and Runnels counties, says "the current Congressional impasse over extending the induction authority has created a great uncertainty among draft-age men."

Mrs. Sewell said, "Selective Service Director Curtis Tarr has recently stressed the importance of explaining to our draft-age men the high probability that draft calls will resume in the near future and that the current impasse in the Congress is not likely to affect any registrant's chance of being drafted."

"The Local Board has been specifically instructed to continue to register and classify young men, and to order for pre-induction physical examinations those young men who may be needed to fill draft calls in the coming months," Mrs. Sewell said.

Men with lottery numbers through 125 were eligible for induction in June in order to fill draft calls, it was stated. Since then the Defense Department has asked Selective Service to draft 16,000 men in July-August. This request is being held by Selective Service headquarters pending final Congressional action on the draft bill, which is expected within several weeks.

"Those young men with relatively low lottery numbers who are eligible for induction this year, particularly those with numbers below 175—the current processing ceiling—have a very good chance of being processed for induction after draft calls are restored," Mrs. Sewell said.

"Many young men seem to think that the Selective Service Act has permanently expired and that they probably will never be drafted. Some of them also think that the entire system has stopped. They are wrong since it is only the induction authority that has expired. They, therefore, may be unintentionally breaking the law by failing to register at age 18, by not keeping their local boards informed of their current address, or by failing to report, if ordered, for their pre-induction physical examinations," Mrs. Sewell said.

Mrs. Sewell also stressed that local boards are continuing to consider CO, hardship, and student deferments and to take other classification actions.

"Young men who had planned

Winters Vo-Ag Teacher To Go To State Meet

Stanley Blackwell, vocational agriculture teacher in Winters High School, will be one of some 1300 teachers expected to attend the annual meeting and in-service education workshop of the Vocational Agriculture Teachers Association in Dallas August 3-6.

Keynote speaker at the first general session Tuesday morning in the Little Theatre at the Dallas Convention Center will be Dr. Carl S. Winters, public relations department, General Motors Company, Oak Point, Ill. Dr. J. W. Edgar, State Commissioner of Education, Austin, will also speak.

At the annual awards breakfast Wednesday morning, tenure pins will be presented to the membership and awards will be made to legislators, school administrators, Texas news media and individuals who have contributed to the progress of Agriculture Education.

District and area planning meetings and workshops will be held Wednesday and Thursday, on beef cattle, catfish production, pre-employment laboratory training, greenhouse facilities, programs for young farmer chapters, and others.

G. C. Scroggins, assistant director of Vocational Agriculture Education, Texas Education Agency, Austin, will chair the second general session, which will be addressed by several distinguished educators and agriculturists.

Still Big Need For Housing Here

There still is a big demand for housing in Winters, it was indicated by the Winters Chamber of Commerce this week.

There has been a demand for all types of housing, furnished and unfurnished, for families, couples and singles.

Those knowing of housing of any type available are asked to notify the Winters Chamber of commerce.

to submit requests for deferments or exemptions are encouraged to do so. The expiration of the induction authority does not affect our responsibility to classify young men," she said.

Mrs. Sewell may be contacted at the office of Texas Local Board No. 21, 2nd Floor, Post Office Building, Coleman.

Five Winters Students On ASU Spring Honor Roll

Five Winters students are listed on the honor roll for the spring semester at Angelo State University in San Angelo.

Three of the five students are listed on the 3.5 to 4.0 list. They are Clifton Poe, Jo Simmons and Keith Thomason.

The others are listed on the 3.0 to 3.49 honor roll. They are Susan Englert and Dwayne Smith.

FROM KERMIT

Visiting in the home of Miss Elsie Lee Sanders last week were Mr. and Mrs. Wilford Sanders and children of Kermit, Miss Mae Sanders and Miss Beth Johnson of San Angelo.

Home Town Talk--

(Continued from page 1)
Dr. Oliver Wendell Holmes, who must have been a sufferer while a professor at Harvard Medical School, was asked by a sufferer about a cure for hay fever, and is supposed to have replied, "Yes. Gravel. . . taken about 8 feet deep."

Most everyone, except the chronic hay fever sufferer, has a cure. There are a lot of "don'ts" recommended for hay fever victims, but the best one, according to the book, is "Don't take it for granted, and don't put off seeing a physician."

TO SAN ANTONIO

Mr. and Mrs. Bill Milliron spent the weekend in San Antonio with Mr. and Mrs. Bob McClelland and Debra.



Smartly striped, deftly designed and knit by Jane Colby. A sure winner every time. Fashioned of 100% Cotton with short sleeves, jockey collar and zip front, this top is sure to be your wardrobe favorite. The 80% Cotton and 20% Dacron Double Knit jamaica shorts make this an ideal leisure time outfit. In colors to whet your appetite. Machine washable too!

Top in Sizes S-M-L
Jamaica in Sizes 7-17, 8-18



Flatter yourself in this smart ribbed turtleneck top by Jane Colby. Knitted of 100% Cotton, it has long sleeves and a zip back. The pull-on pants are also in 100% Cotton and come in complementing colors. The duo is machine washable.

Top in Sizes S-M-L
Pant in Sizes 5-17, 6-18

HEIDENHEIMER'S

THE BLIZZARD BAND

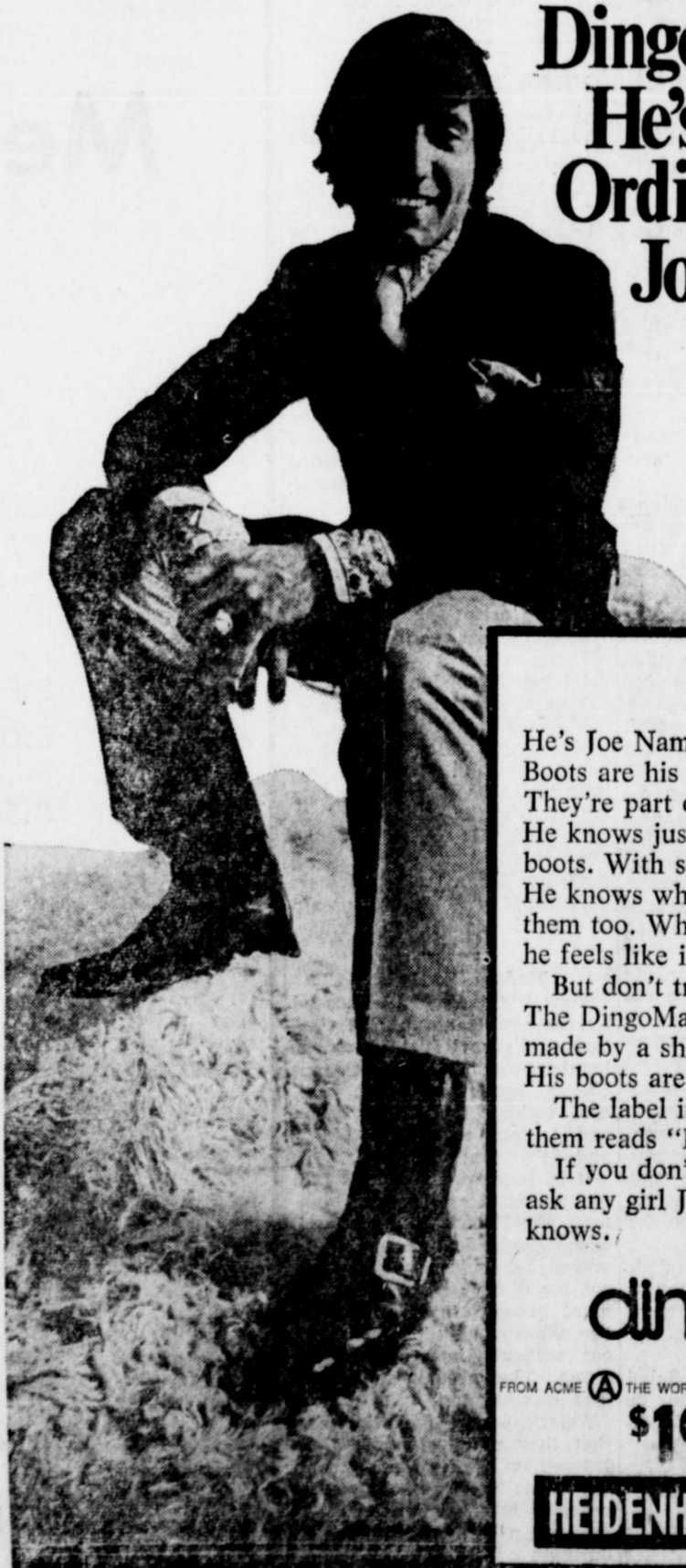
SAYS:

"ROLL OUT THE BLUE"

All the way in '71, Blizzard Team!

GO! FIGHT! WIN!

The DingoMan. He's no Ordinary Joe.



He's Joe Namath. Boots are his thing. They're part of his image. He knows just how to wear boots. With style. He knows when to wear them too. Whenever he feels like it.

But don't try to con The DingoMan into a boot made by a shoemaker. His boots are real.

The label inside all of them reads "Dingo".

If you don't believe us, ask any girl Joe Namath knows.

dingo

FROM ACME THE WORLD'S LARGEST BOOTMAKER

\$19.95

HEIDENHEIMER'S